


Kicking off  
May Mental  
Health  
Month!

## **Wellness from Within: Harvesting Gut Health for Mental Balance**

### **WEBINAR**

Understanding the relationship between gut health and mental health can empower us to make positive changes toward our family's wellness and has implications for parenting, schools, healthcare, and government policy

 **6:00-7:30PM**

 **MAY 1ST 2025**



**REGISTRATION**



**BY DR. ANASTASIA  
GALANOPOULOS**  
**PHD,ECMH®**

Dr. Galanopoulos has 30 years of experience in Human Development specializing in social & emotional development and cultural context. She is a trainer, coach, and international speaker and is writing a health memoir translating recent research on the microbiome as it relates to early childhood experiences and adult health. More info on her coaching practice can be found at: <https://www.getnewperspective.com>